



# NORDIC NEWS

NORDIC  
NATURALS

The Industry Leader in Essential Fatty Acids for Optimum Health & Wellness

Special Women's Wellness Report

Vol. II Women's Health

## Stay Fit/Stay Healthy

*Taking fish oils can benefit women of all ages!*

**W**hether you are 19 or 90, there is one important way you can attend to your health—ensure adequate amounts of omega-3 fatty acids in your diet every day! Documented by thousands of studies, cod liver oil and fish oil blends, known to be direct sources of DHA and EPA, are delivering proven benefits for heart health, boosting mood, and are even the foundation for beautiful skin and hair. **Essential fatty acids are a must for every woman's body!**

Why? EFAs control a large number of cellular processes in the body. These fats are known to increase the absorption of vitamins and minerals, maintain proper nerve functioning, cell receptor action, hormone binding, cell fluidity, signal transduction, and aid in prostaglandin formation. So basic is this level of functioning of the body that a deficiency can lead to many negative health implications.

Are there times in our passage as a woman that require special attention?

**Absolutely! Take a look!**

### Women under stress

Several research studies have made a strong connection between omega-3 fatty acids and managing stress with positive results. For example, people who added a daily dose of fish oil to their regular antidepressant treatment had significant improvement in symptoms including anxiety, sleeping problems, sadness, decreased sexual desire, and suicidal tendencies.

### Women on weight loss programs

EFAs can help support weight loss by slowing the absorption of carbohydrates to balance blood sugar levels, and by helping the body to metabolize dietary fat for energy production instead of storing it. Since EFAs are the first stored fats to be burned, you will want to replenish them in order to maintain good health.

### Women wishing to conceive

Waiting until you are pregnant is not the optimum time to be thinking about fatty acid stores. Because it can take time for the body to build up this important nutrient, consider a minimum of 3 months prior to conception. In addition, a study from the University of Lund in Sweden showed that omega-3s may help facilitate pregnancy in women with infertility problems by increasing uterine blood flow.

### Women who are pregnant/breastfeeding

Keeping levels of EFAs sufficient during the entire pregnancy is essential since the largest amount of brain development takes place in the third trimester, meaning DHA is transferred from mother to baby at a very high rate. The need for DHA remains critical for your new baby through 2 years of age as she continues to develop. See back page for more information on pregnancy.

### Mature women

There are many good reasons for 60+ women to supplement with fish oil—healthy heart, sharper brain, and better mood to name a few. In one study, a group of post-menopausal women were given fish oil for a month yielding a 27% reduction in blood triglyceride levels. Another study showed that fish oil helped to reduce the risk of gall stone formation in obese women when they were following a low calorie diet. ☀️



## The "Fat" Facts of Life

DHA and EPA work together in the body, and naturally occur together in fish and fish oil. However, scientists have identified DHA as playing a special role during pregnancy. DHA is the predominant structural fatty acid in the brain and retina. It makes sense then that a developing fetus and a new born infant have particularly high requirements for DHA, depending on mom for their intake through the placenta during pregnancy and through breast milk after birth. DHA is absolutely necessary for optimal visual and mental development, plus the proper functioning of the nervous and immune systems. Women can optimize their nutritional intake by eating fish and taking cod liver oil or a fish oil blend in supplement form to ensure adequate levels of DHA and EPA. Your body will then have important building blocks required to ensure and protect your child's healthy growth.

International recommendations suggest a minimum daily intake of 300 mg of DHA when pregnant and nursing.

### *Women Take Heart!*

More Omega-3s, EPA and DHA, in the diet are associated with less heart disease in women.

## Is Something Fishy Here?

Fish oil products should never smell or taste fishy. This indicates that the oils are rancid and should be discarded. For your safety and efficacy, Nordic Naturals adheres to stringent European standards for freshness and purity, plus uses state-of-the-art technology in the production of all of its supplements.

## Chasing the Blues Away

Depression is associated with lower levels of omega-3s in the blood, and taking fish oil can help restore blood levels and improve mood. This was demonstrated in a study published in 2003 involving 28 patients with major depressive disorder. Just out in December 2006, another trial illustrated that the regular intake of cod liver oil improved the outcome of depression by showing a decrease in symptoms.

## Fish Oil Improves Patient Recovery

Researchers found that giving fish oil to patients was associated with a significant decrease in length of stay in Intensive Care and in hospitals, as well as a reduced need for antibiotics.

All research studies mentioned in this newsletter as well as many others can be found at [www.omega-research.com](http://www.omega-research.com).

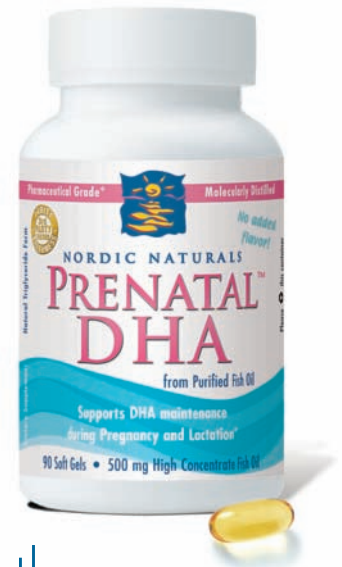
## PRODUCT SPOTLIGHT

# PRENATAL DHA

Prenatal DHA is an effective way to ensure adequate levels of omega-3 fatty acids every day for you and your baby!

Two unflavored soft gels provide 450 mg of DHA and 90 mg of EPA

- \* Supports proper development of the brain, eyes, and nervous system
- \* Provides mood and nerve support for mothers
- \* Surpasses all international standards for purity, freshness, and concentration



## Do You Know the Importance of DHA?

A survey of recent moms and moms-to-be showed these results:

- \* 50% of the women surveyed did not know about the need for DHA, a critical nutrient for the healthy development of a baby
- \* 68% said their doctor did not tell them about DHA
- \* 72% said they had no idea how to get DHA into their diets
- \* 17% said they were aware that fish is a source of DHA
- \* 92% were interested in including DHA in the diet once they were advised of its benefits

Source: The Kelton Study sponsored by the Society for Women's Health Research located in Washington DC.

For more information, visit [www.womenshealthresearch.org](http://www.womenshealthresearch.org).

### *Improved Absorption*

Fish oils are available in two different forms: natural triglycerides and semi-synthetic ethyl esters. Human clinical research shows that the triglyceride form of fish oil is absorbed about three times as well as the less expensive semi-synthetic ethyl ester form. All Nordic Naturals fish oils are in their natural triglyceride state ensuring optimal absorption.